

**2021-222 HONG KONG AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I
(PART 1)**

2021-2022 第一組長池分齡游泳比賽第一節

Date :

8-9 May 2021

Warm Up : 14:00-14:45 Hrs

Venue:

HKSI 香港體育學院

Evening First Event : 1500 Hrs

GIRLS女

BOYS男

1	Open	200M	FREESTYLE	自由泳	2
3	Open	200M	INDIVIDUAL MEDLEY	個人四式	4
5	Open	100M	BUTTERFLY	蝶泳	6
7	Open	100M	BREASTSTROKE	蛙泳	8
9	Open	400M	FREESTYLE	自由泳	10
11	Open	200M	BACKSTROKE	背泳	12
13	Open	100M	FREESTYLE	自由泳	14
15	13 & 14 YRS	800M	FREESTYLE	自由泳	~
17	15 - 17 YRS	800M	FREESTYLE	自由泳	~
19	18 & OVER	800M	FREESTYLE	自由泳	~
~	13 & 14 YRS	1500M	FREESTYLE	自由泳	16
~	15 - 17 YRS	1500M	FREESTYLE	自由泳	18
~	18 & OVER	1500M	FREESTYLE	自由泳	20

截止註冊日期 CLOSING DATE FOR REGISTRATION: **26 March 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **16 April 2021 (1700 hours)**

2021-22 HONG KONG AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART 1)

2021-2022 第一組長池分齡游泳比賽第一節

Day 2

Date :

8-9 May 2021

Venue:

HKSI 香港體育學院

Morning Warm Up : 0800-0845 Hrs

Afternoon Warm Up : 1300-1345 Hrs

Morning First Event : 0900 Hrs

Afternoon First Event : 1400 Hrs

GIRLS女

BOYS男

21	10 YRS & UNDER	100M	BUTTERFLY	蝶泳	22
23	11 & 12 YRS	200M	BUTTERFLY	蝶泳	24
25	13 & 14 YRS	200M	BUTTERFLY	蝶泳	26
27	15 - 17 YRS	200M	BUTTERFLY	蝶泳	28
29	18 & OVER	200M	BUTTERFLY	蝶泳	30
31	10 YRS & UNDER	50M	FREESTYLE	自由泳	32
33	11 & 12 YRS	50M	FREESTYLE	自由泳	34
35	13 & 14 YRS	50M	FREESTYLE	自由泳	36
37	15 - 17 YRS	50M	FREESTYLE	自由泳	38
39	18 & OVER	50M	FREESTYLE	自由泳	40
41	13 & 14 YRS	400M	IND. MEDLEY	個人四式	42
43	15 - 17 YRS	400M	IND. MEDLEY	個人四式	44
45	18 & OVER	400M	IND. MEDLEY	個人四式	46

LUNCH BREAK 午膳時間

47		4X200M	FREE RELAY	自由接力	48
49	10 YRS & UNDER	100M	BACKSTROKE	背泳	50
51	11 & 12 YRS	100M	BACKSTROKE	背泳	52
53	13 & 14 YRS	100M	BACKSTROKE	背泳	54
55	15 - 17 YRS	100M	BACKSTROKE	背泳	56
57	18 & OVER	100M	BACKSTROKE	背泳	58
59	10 YRS & UNDER	100M	BREASTSTROKE	蛙泳	60
61	11 & 12 YRS	200M	BREASTSTROKE	蛙泳	62
63	13 & 14 YRS	200M	BREASTSTROKE	蛙泳	64
65	15 - 17 YRS	200M	BREASTSTROKE	蛙泳	66
67	18 & OVER	200M	BREASTSTROKE	蛙泳	68
69	Open	1500M	FREESTYLE	自由泳	~
~	Open	800M	FREESTYLE	自由泳	70

截止註冊日期 CLOSING DATE FOR REGISTRATION: **26 March 2021 (1700 hours)**

截止報名日期 CLOSING DATE FOR ENTRIES: **16 April 2021 (1700 hours)**

2021-22 HONG KONG AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I (PART 2)**2021-2022 第一組長池分齡游泳比賽第二節****Day 1**

Date :

29 May 2021 (Saturday)

Venue:

VPSP 維多利亞公園游泳池

Warm Up : 14:00-14:45 Hrs

Evening First Event : 1500 Hrs

GIRLS女**BOYS男**

1	Open	100M	BREASTSTROKE	蛙泳	2
3	Open	200M	BUTTERFLY	蝶泳	4
5	Open	100M	BACKSTROKE	背泳	6
7	Open	50M	FREESTYLE	自由泳	8
9	Open	400M	INDIVIDUAL MEDLEY	個人四式	10
11	Open	200M	FREESTYLE	自由泳	12
13	Open	100M	BUTTERFLY	蝶泳	14
15	Open	200M	BREASTSTROKE	蛙泳	16
17	Open	200M	INDIVIDUAL MEDLEY	個人四式	18
19	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
21	15 - 17 YRS	1500M	FREESTYLE	自由泳	~
23	18 & OVER	1500M	FREESTYLE	自由泳	~
~	13 & 14 YRS	800M	FREESTYLE	自由泳	20
~	15 - 17 YRS	800M	FREESTYLE	自由泳	22
~	18 & OVER	800M	FREESTYLE	自由泳	24

截止註冊日期 CLOSING DATE FOR REGISTRATION: **16 April 2021 (1700hrs)**截止報名日期 CLOSING DATE FOR ENTRIES: **7 May 2021 (1700hrs)**

2021-22 HONG KONG AGE GROUP LONG COURSE SWIMMING COMPETITION - DIVISION I**2021-2022 第一組長池分齡游泳比賽第二節****Day 2**

Date :

30 May 2021 (Sunday)

Venue:

VPSP 維多利亞公園游泳池

Morning Warm Up : 0800-0845 Hrs

Afternoon Warm Up : 1300-1345 Hrs

Morning First Event : 0900 Hrs

Afternoon First Event : 1400 Hrs

GIRLS女

25	11 & 12 YRS	200M	BACKSTROKE	背泳	26
27	13 & 14 YRS	200M	BACKSTROKE	背泳	28
29	15 - 17 YRS	200M	BACKSTROKE	背泳	30
31	18 & OVER	200M	BACKSTROKE	背泳	32
33	10 YRS & UNDER	50M	BUTTERFLY	蝶泳	34
35	11 & 12 YRS	50M	BUTTERFLY	蝶泳	36
37	13 & 14 YRS	50M	BUTTERFLY	蝶泳	38
39	15 - 17 YRS	50M	BUTTERFLY	蝶泳	40
41	18 & OVER	50M	BUTTERFLY	蝶泳	42
43	11 & 12 YRS	400M	FREESTYLE	自由泳	44
45	13 & 14 YRS	400M	FREESTYLE	自由泳	46
47	15 - 17 YRS	400M	FREESTYLE	自由泳	48
49	18 & OVER	400M	FREESTYLE	自由泳	50

BOYS男**LUNCH BREAK 午膳時間**

51		4X100M	MED.RELAY	四式接力	52
53	10 YRS & UNDER	50M	BREASTSTROKE	蛙泳	54
55	11 & 12 YRS	50M	BREASTSTROKE	蛙泳	56
57	13 & 14 YRS	50M	BREASTSTROKE	蛙泳	58
59	15 - 17 YRS	50M	BREASTSTROKE	蛙泳	60
61	18 & OVER	50M	BREASTSTROKE	蛙泳	62
63	10 YRS & UNDER	100M	FREESTYLE	自由泳	64
65	11 & 12 YRS	100M	FREESTYLE	自由泳	66
67	13 & 14 YRS	100M	FREESTYLE	自由泳	68
69	15 - 17 YRS	100M	FREESTYLE	自由泳	70
71	18 & OVER	100M	FREESTYLE	自由泳	72
73	Open	800M	FREESTYLE	自由泳	~
~	Open	1500M	FREESTYLE	自由泳	74

截止註冊日期 CLOSING DATE FOR REGISTRATION: **16 April 2021 (1700hrs)**截止報名日期 CLOSING DATE FOR ENTRIES: **7 May 2021 (1700hrs)**

2021-22 AGE GROUP LONG COURSE SWIMMING COMPETITION

- DIVISION I (PART 3)

2021-22 第一組長池分齡游泳比賽第三節

Date :

26 June 2021 (Saturday)

Warm Up : 14:00- 14:45 Hrs

Venue:

VPSP 維多利亞公園游泳池

Evening First Event : 1500 Hrs

GIRLS女**BOYS男**

1	Open	400M	FREESTYLE	自由泳	2
3	Open	100M	BACKSTROKE	背泳	4
5	Open	200M	BUTTERFLY	蝶泳	6
7	Open	200M	BREASTSTROKE	蛙泳	8
9	Open	50M	FREESTYLE	自由泳	10
11	Open	200M	BACKSTROKE	背泳	12
13	Open	400M	INDIVIDUAL MEDLEY	個人四 式	14
15	Open	100M	FREESTYLE	自由泳	16
17	13 & 14 YRS	1500M	FREESTYLE	自由泳	~
19	15 - 17 YRS	1500M	FREESTYLE	自由泳	~
21	18 & OVER	1500M	FREESTYLE	自由泳	~
~	13 & 14 YRS	800M	FREESTYLE	自由泳	18
~	15 - 17 YRS	800M	FREESTYLE	自由泳	20
~	18 & OVER	800M	FREESTYLE	自由泳	22

截止註冊日期 CLOSING DATE FOR REGISTRATION: **14 May 2021 (1700hrs)**截止報名日期 CLOSING DATE FOR ENTRIES: **4 June 2021 (1700hrs)**

**2021-22 AGE GROUP LONG COURSE SWIMMING COMPETITION
- DIVISION I (PART 3)**

2021-22 第一組長池分齡游泳比賽第三節

Date :
27 June 2021 (Sunday)

Venue:
VPSP 維多利亞公園游泳池

Morning Warm Up : 0800-0845 Hrs
Afternoon Warm Up : 1300-1345 Hrs

Morning First Event : 0900 Hrs
Afternoon First Event : 1400 Hrs

GIRLS女

BOYS男

23	10 YRS & UNDER	200M	IND. MEDLEY	個人四式	24
25	11 & 12 YRS	200M	IND. MEDLEY	個人四式	26
27	13 & 14 YRS	200M	IND. MEDLEY	個人四式	28
29	15 - 17 YRS	200M	IND. MEDLEY	個人四式	30
31	18 & OVER	200M	IND. MEDLEY	個人四式	32
33	11 & 12 YRS	100M	BUTTERFLY	蝶泳	34
35	13 & 14 YRS	100M	BUTTERFLY	蝶泳	36
37	15 - 17 YRS	100M	BUTTERFLY	蝶泳	38
39	18 & OVER	100M	BUTTERFLY	蝶泳	40
41	10 YRS & UNDER	50M	BACKSTROKE	背泳	42
43	11 & 12 YRS	50M	BACKSTROKE	背泳	44
45	13 & 14 YRS	50M	BACKSTROKE	背泳	46
47	15 - 17 YRS	50M	BACKSTROKE	背泳	48
49	18 & OVER	50M	BACKSTROKE	背泳	50

LUNCH BREAK 午膳時間

51		4X100M	FREE RELAY	自由接力	52
53	11 & 12 YRS	100M	BREASTSTROKE	蛙泳	54
55	13 & 14 YRS	100M	BREASTSTROKE	蛙泳	56
57	15 - 17 YRS	100M	BREASTSTROKE	蛙泳	58
59	18 & OVER	100M	BREASTSTROKE	蛙泳	60
61	10 YRS & UNDER	200M	FREESTYLE	自由泳	62
63	11 & 12 YRS	200M	FREESTYLE	自由泳	64
65	13 & 14 YRS	200M	FREESTYLE	自由泳	66
67	15 - 17 YRS	200M	FREESTYLE	自由泳	68
69	18 & OVER	200M	FREESTYLE	自由泳	70
71	Open	800M	FREESTYLE	自由泳	~
~	Open	1500M	FREESTYLE	自由泳	72

截止註冊日期 CLOSING DATE FOR REGISTRATION: **14 May 2021 (1700hrs)**

截止報名日期 CLOSING DATE FOR ENTRIES: **4 June 2021 (1700hrs)**